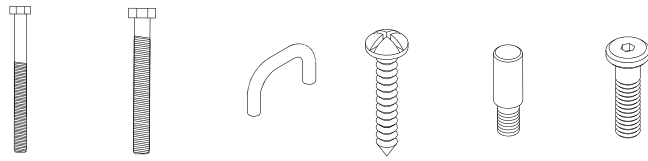
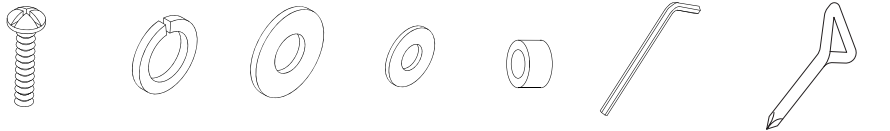


- ① 2x
- ② 5x
- ③ 4x
- ④ 4x
- ⑤ 8x
- ⑥ 12x

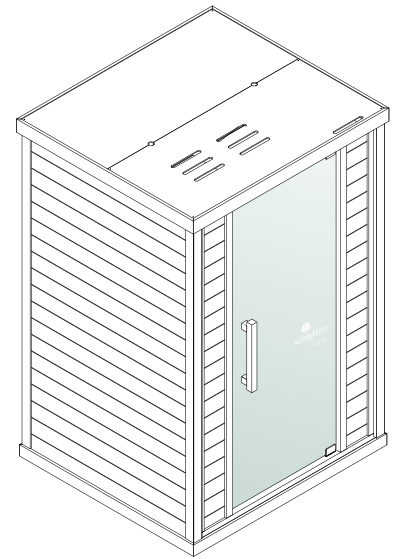


- ⑦ 12x
- ⑧ 12x
- ⑨ 12x
- ⑩ 12x
- ⑪ 2x
- ⑫ 1x
- ⑬ 1x

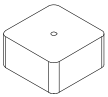


Allen wrench

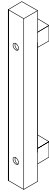
Philips Screw Driver



- Ⓐ 5x



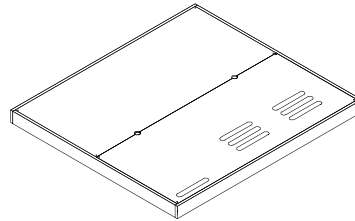
- Ⓑ 1x



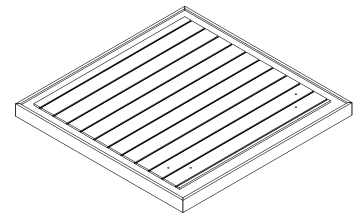
- Ⓒ 1x



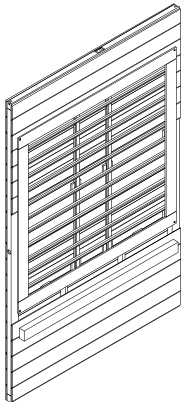
- Ⓓ 1x Roof



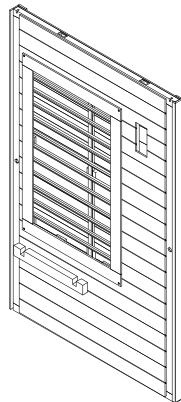
- Ⓔ 1x Floor



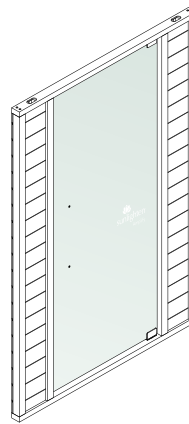
- Ⓕ 1x Back Wall



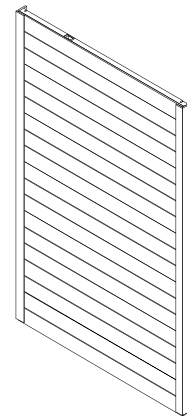
- Ⓖ 1x Right Wall



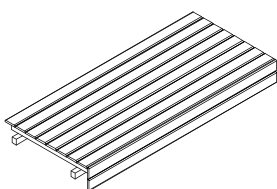
- Ⓗ 1x Front Wall with glass panel



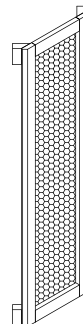
- Ⓖ 1x Left Wall



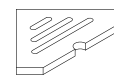
- Ⓙ 1x Bench



- Ⓚ 2x Full Spectrum (FS) Heater
- Ⓛ 2x FS Heater Covers



- Ⓜ 2x FS Heater Top Panel



- Ⓝ 4x FS Heater brackets



## PRE-STEPS

You will want two or more people to assemble your sauna.  
Unpack each wall segment from the shipping material. Stage each wall segment in the room you will be assembling the unit.

If interested in viewing an assembly video, please visit [youtube.com/sunlightensaunas](https://youtube.com/sunlightensaunas). Click on Assembly/Disassembly playlist.



230V, 2100W.

3m cord exits from back left of roof. Make sure to plug sauna directly into wall outlet; not a power strip, extension cord or converter, etc.

It is important when installing the dedicated circuit for your unit that you include a circuit breaker with integrated ground fault interruption or combination ground fault interruption and arc fault interruption.

See owner's manual or spec sheet for additional specs.

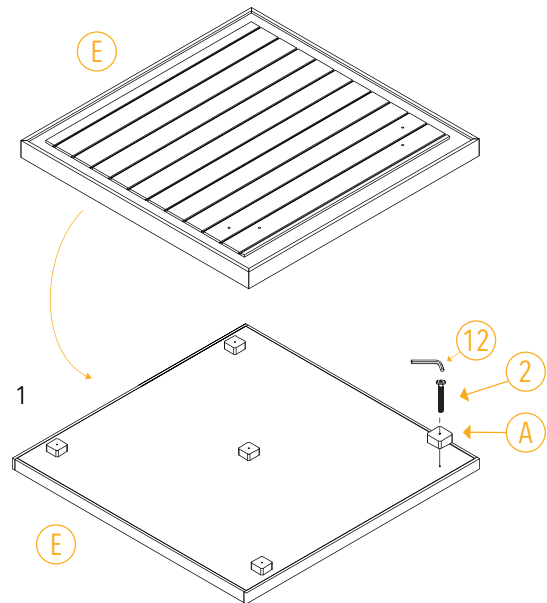
## STEP 1

Attach the feet pegs (A) with supplied Allen wrench and bolts (2) to the underside of floor (E).

NOTE: Make sure the floor panel is on a surface that is perfectly level and relatively smooth. Failure to do so can cause the door to not close all the way.

NOTE: Before you begin installing the walls in step 2, be sure you have at least:

- Recommend 11cm between the sauna and the walls and 31cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:
  - Spacing above for assembly connections recommended and potential troubleshooting.
  - Plan for outlet access in the event you need to reset outlet breaker.
  - Recommended best practice to leave sauna door open post sauna session to allow for proper ventilation.

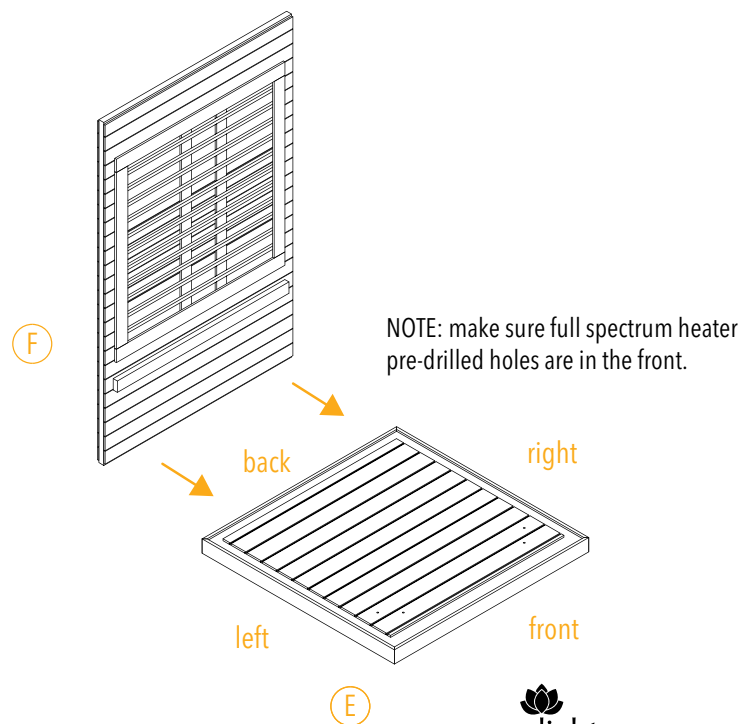


## STEP 2

In this step, make sure one person is holding the wall while the other helps balance it and press it in place.

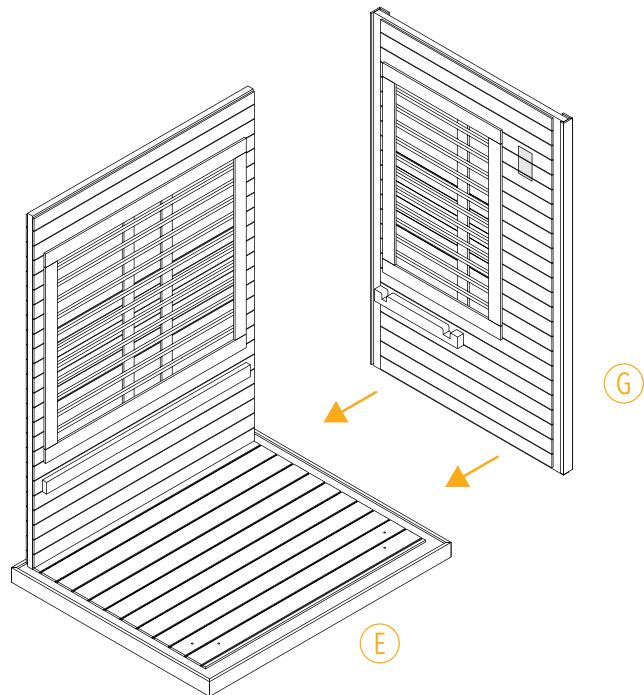
Place the back wall (F) on the back of the floor panel (E).

This is the side with the sauna information label on the bottom edge.



### STEP 3

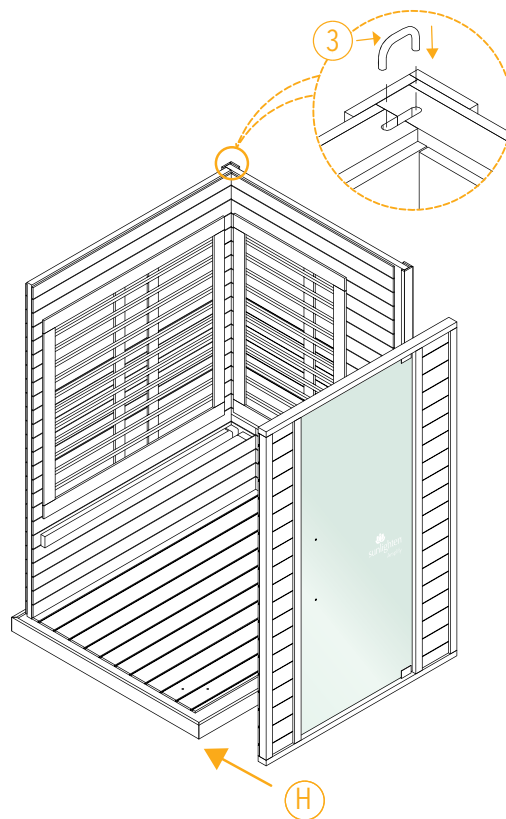
Place right wall **G** on the right side of floor panel **E**. This wall panel should sit flush once properly seated. Make sure no gaps are visible in the corner of the two walls as you insert it. It should be inserted flush.



### STEP 4

As you insert each wall segment, you will insert the U-clips **3** in the pre-drilled holes in the corner. This will keep the walls sealed together.

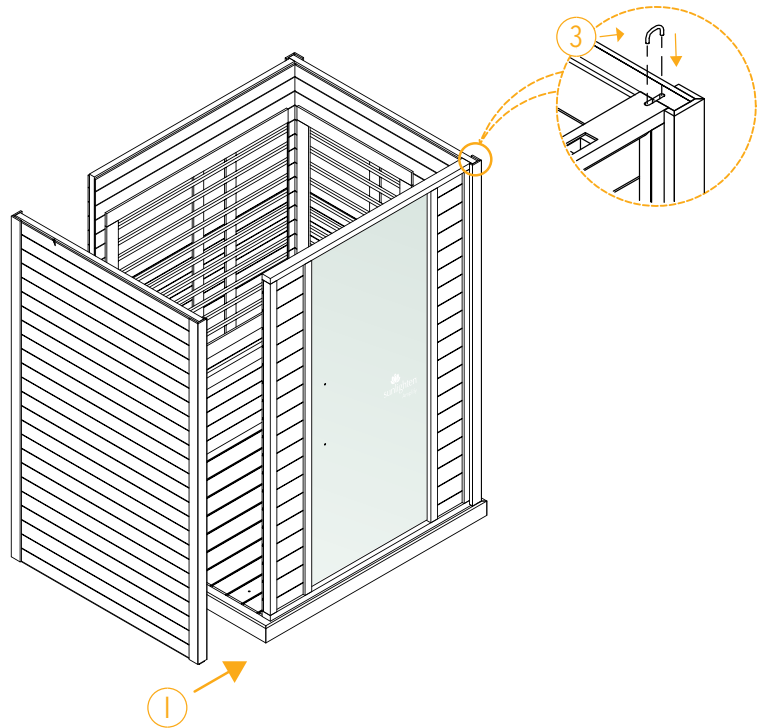
The front wall **H** will be inserted next. Be careful of the glass door and panel as you insert the wall.



## STEP 5

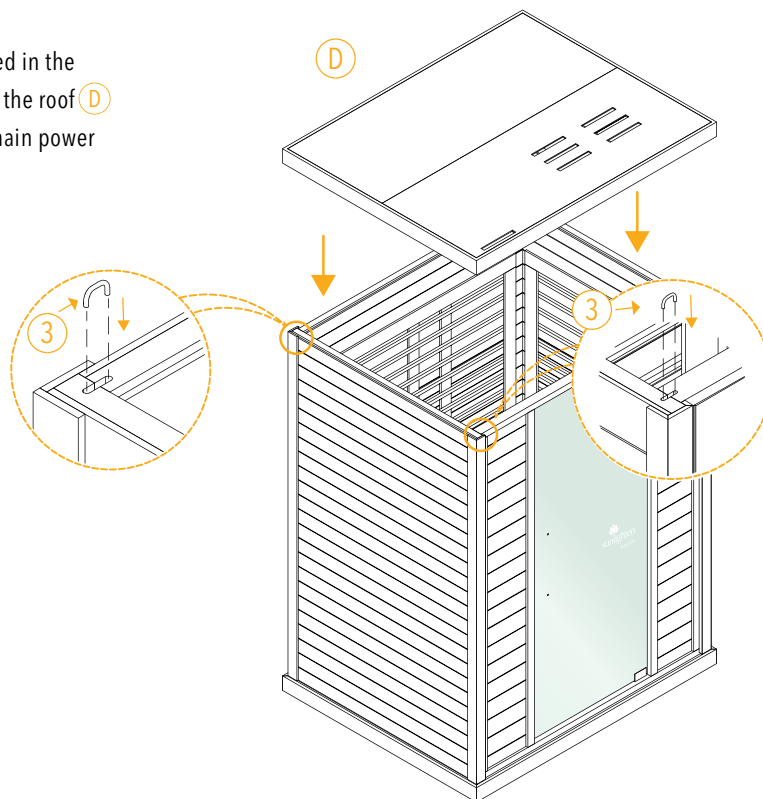
After securing the U-clip ③, the left wall ① will be the last to be inserted. Make sure it is flush and no gaps are showing in the corners.

NOTE: If you ever have trouble getting a U-clip to slide in, this can be resolved by tapping it with a hammer.



## STEP 6

Once all the U-clips have been inserted in the corners, the next step will be to place the roof ④ on top. Make sure the side with the main power cord receptacle faces the back.



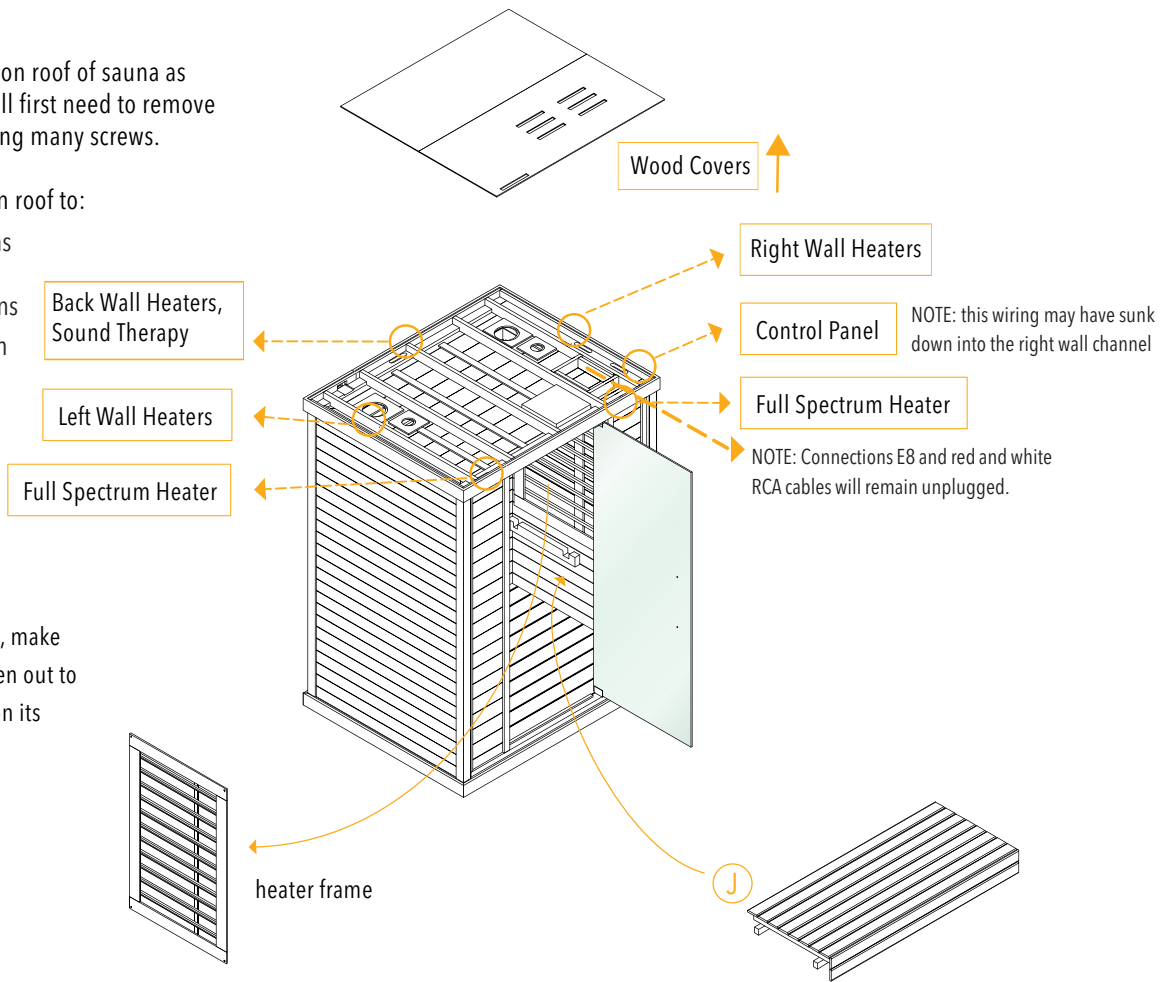
## STEP 7

Please make all connections on roof of sauna as illustrated. To do this, you will first need to remove the 2 wood covers by removing many screws.

Connections to be made from roof to:

- Back wall = 2 connections
- Left wall = 1 connection
- Right wall = 2 connections
- Front wall = 1 connection

Once connections are made, replace wood covers.



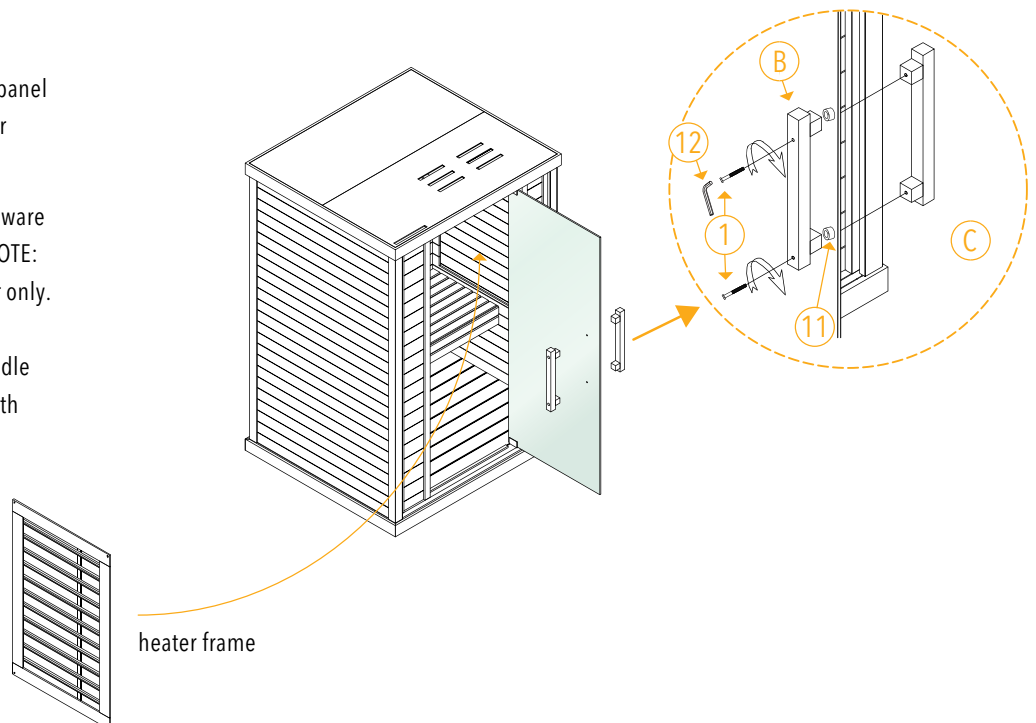
Before the bench (J) is placed, make sure the heater frames are taken out to allow the bench to be placed on its support.

## STEP 8

With the bench installed, the heater panel frames can be inserted back into their respectable walls.

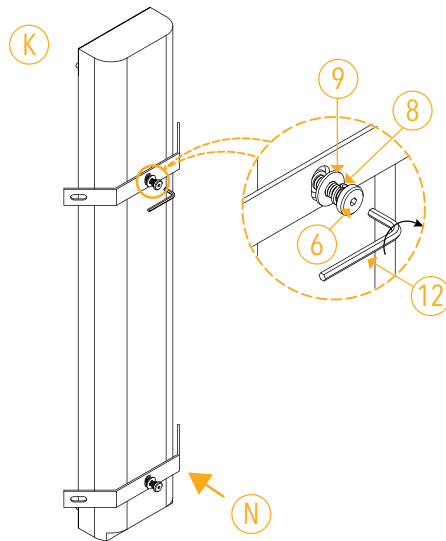
The door handles come with the hardware and can easily be screwed right in. NOTE: screws should be visible from interior only.

A second person should hold the handle while the other screws the bolts in with the Allen wrench.



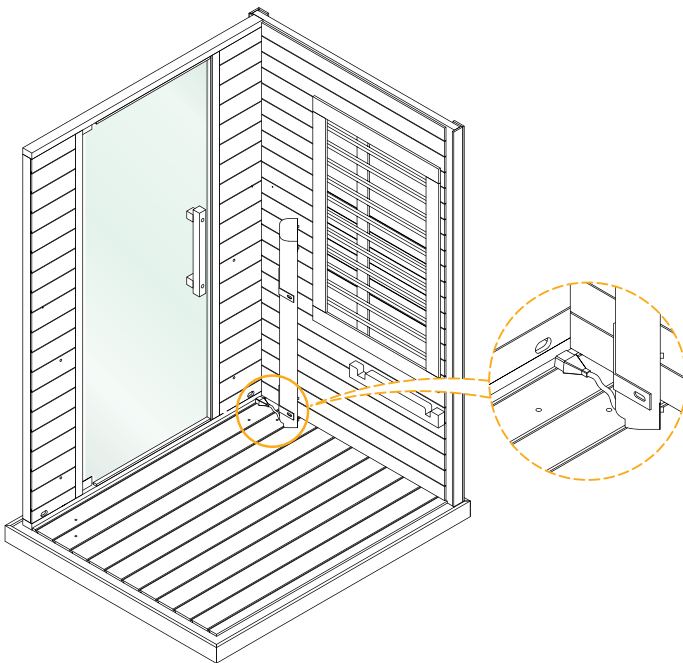
## STEP 9

Connect 2 brackets (N) to the back of the Full Spectrum heater (K).



## STEP 10

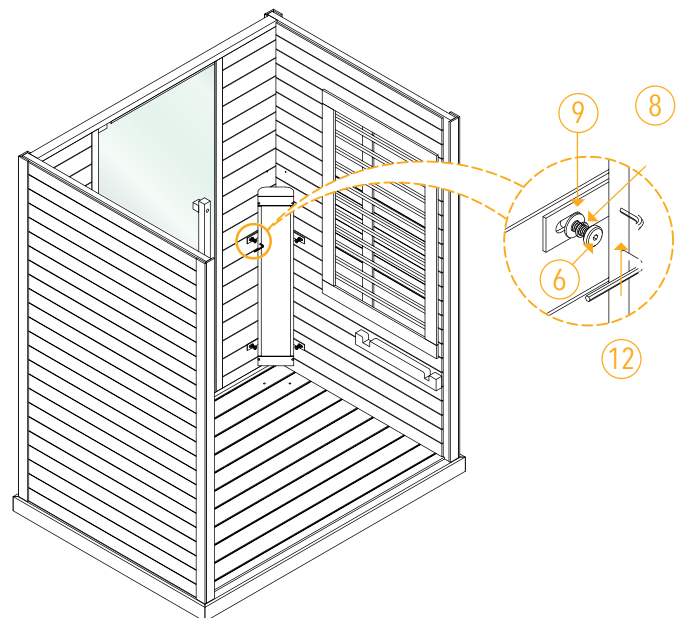
Connect the cable at the base of the Full Spectrum heater (K) to the socket at the base of the inside front wall.



## STEP 11

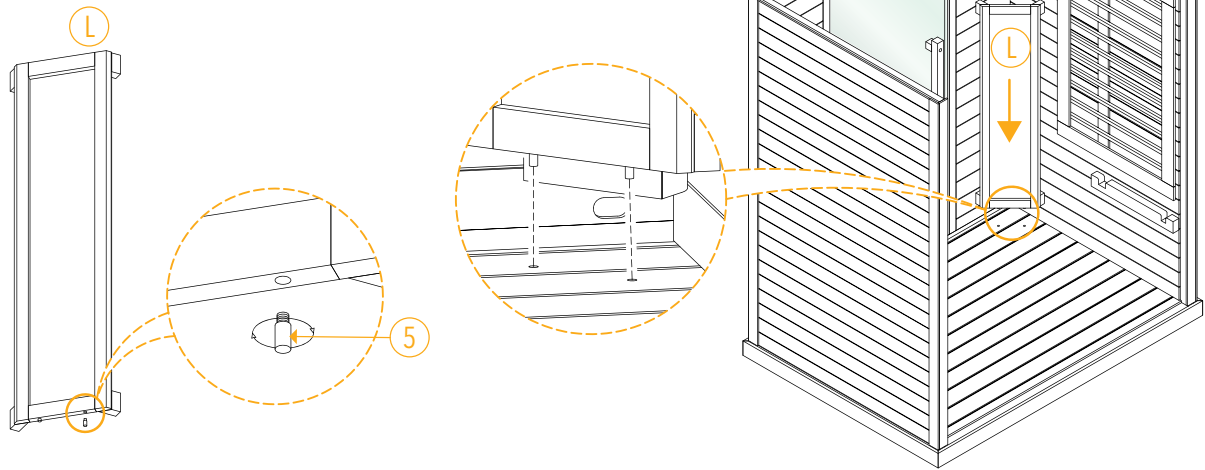
Fix both brackets (N) attached to Full Spectrum heater (K) on either side of heater into pre-drilled holes on front right inside corner sauna walls. Repeat Steps 9-11 for the second FS Heater on front left inside corner sauna walls.

TIP: for best alignment, locate pre-drilled holes behind fabric cover with hands and then lift up heater with your foot so metal brackets align with the screw locations.



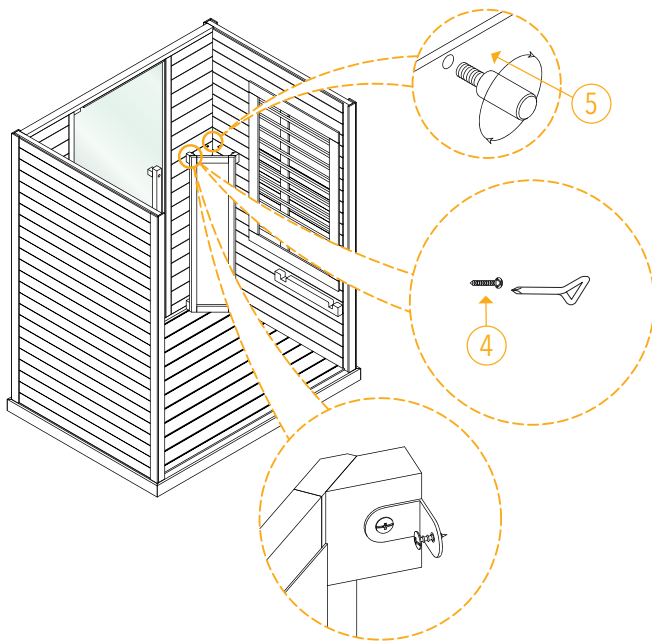
## STEP 12

Place FS Heater Cover (L) to the Full Spectrum heater (K) by securing into pre-drilled holes in floor panel.



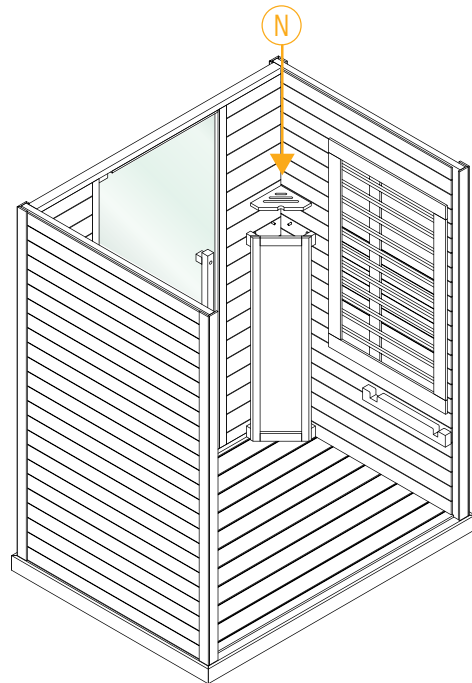
## STEP 13

Insert (5) into pre-drilled holes on walls for the FS heater top panel (N).  
Screw (4) into pre-drilled holes to secure brackets (using provided Phillips Screw Driver).



## STEP 14

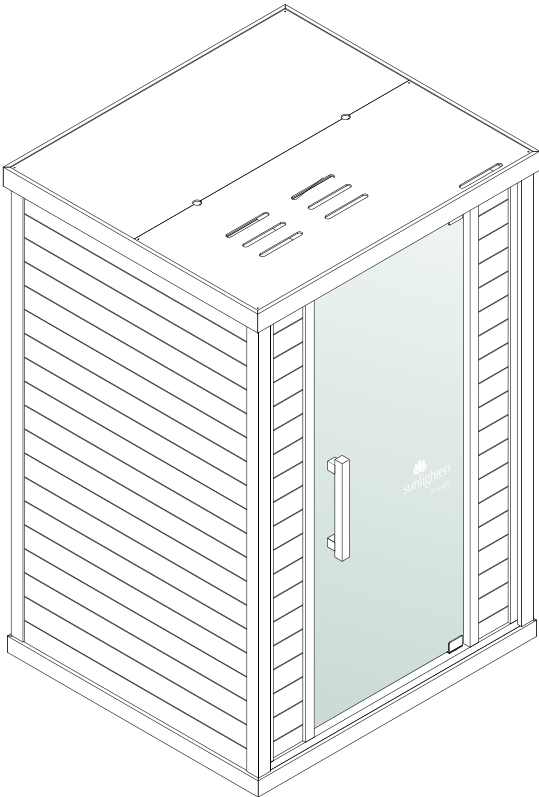
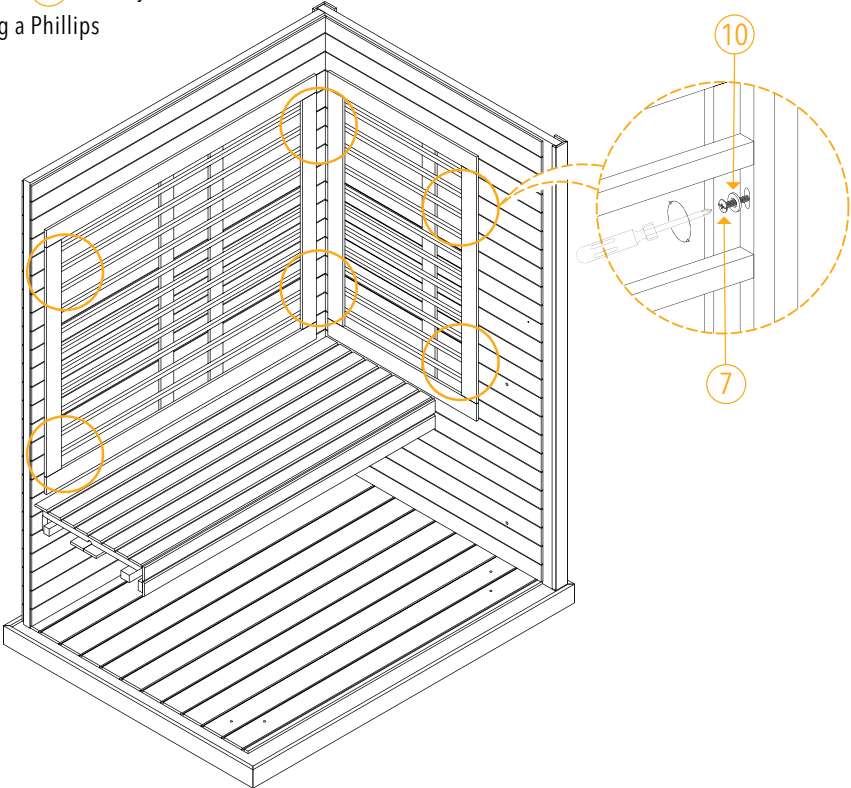
Add FS heater top panel (N) to both FS heaters.





**STEP 15**

Make sure that screws **7** and washers **10** are fully secure in their pre-drilled holes using a Phillips screwdriver.



CONGRATULATIONS, your sauna is now ready to enjoy!  
Turn on your sauna and test that all your wall heaters and full spectrum heaters are working.  
If you have any queries, please call  
**Sunlighten Customer Support at 0330.808.1203.**

06282024